1991-1992

Directory of Services

AADAC

92-04479/

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Purpose of Directory

- To provide a description of the complete range of services that AADAC offers or funds, including Treatment Services, Community Education Services, Alberta Impaired Driving Programs, and Institutions and Funded Agencies.
- To keep AADAC staff and other agencies up-to-date with existing AADAC programs so that they can make appropriate referrals based on a broader continuum of services.
- To provide contacts if more detailed information is required.

For more copies of the **1991 Directory of Services**, contact AADAC Production and Distribution at 427-7319 or RITE 147-7319.

For further information on AADAC's services, contact the appropriate office listed in this directory.

AADAC and Funded Agency Service Locations

● **One or more AADAC Direct Service Centre**

□ One or more Community Agency funded by AADAC

AADAC Alberta Alcohol and Drug Abuse Commission

Provincial Administration

The Provincial Administration offices of AADAC are located mainly in Pacific Plaza in Edmonton. Provincial Administration includes the Executive Offices and a variety of program and support services. The three departments listed here are the ones which are of most interest to the public. In addition to the departments listed, the provincial office also produces a newsletter, Developments. The newsletter deals with topics in the addictions field and is published 10 times per year. Developments is available free of charge. To obtain a subscription, write to:

AADAC Production and Distribution
2nd floor, Pacific Plaza
10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Phone: 427-7319 or RITE 147-7319
FAX: 422-5237 or RITE 147-5237

For information on other departments, phone AADAC's main switchboard at 427-0116.

Library

7th floor, Pacific Plaza
10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Phone: 427-7303 or RITE 147-7303
Librarian: Bette Reimer

Hours
8:15 a.m. to 4:30 p.m. (Monday to Friday)

Clients
The AADAC Library serves AADAC staff directly and the Alberta public through referrals from AADAC offices, public and school libraries.

Referral
Through AADAC offices, public and school libraries.

Program Components
The Library provides specialized alcohol and drug information and current awareness service to AADAC staff. The Alberta professional and general public are encouraged to explore the resources of their public, school or organization's library or the local AADAC office, and to use the AADAC Library as a secondary resource.

Impaired Driving Programs

2nd floor, Pacific Plaza
10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Phone: 422-0243
Manager: Martin Parsons

Hours
8:15 a.m. to 4:30 p.m. (Monday to Friday)
Some programs also run on the weekend.

Appropriate Clients
People who have had their driver's licence suspended for impaired driving.

Referral
Referral is made by the Motor Vehicles Branch, the Driver Control Board, the court system or other referral agents.

Program Components

Alberta Impaired Drivers' Course "Planning Ahead": This one-day course is required for first-time convicted, impaired drivers if they want their licences reinstated.

IMPACT: This is a weekend residential program required for people who have had two or more impaired driving convictions in the past five years. It focusses on self-assessment on the part of the client and is designed to encourage the client to seek further treatment if necessary.

To register for either of these programs, call Edmonton 430-8811 or Toll Free 1-800-272-5698.

Training and Professional Development

7th floor, Pacific Plaza
10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Phone: 427-7305 or RITE 147-7305
Manager: Tom Wispinski

Hours
8:15 a.m. to 4:30 p.m. (Monday to Friday). Residential courses may have different hours, depending on the course.

Clients
AADAC staff, AADAC Funded Agency staff and external allied professionals who, by the nature of their work, are concerned or deal with addicted persons and/or their families.

Program Components
A variety of courses are offered from September to June each year. AADAC staff, as well as external resource people teach these courses. Most courses are held within the Edmonton and Calgary areas. Training and Professional Development will contract out their services to other agencies or organizations upon request. Course fees for external allied professionals vary depending on the course.

Northern Alberta Field Services

Divisional Administration

#201, 11333-106 Street
Grande Prairie, Alberta T8V 6T7
Phone: 538-5216 or RITE 121-5216
FAX: 538-5256 or RITE 121-5256
Divisional Director: Corliss Burke

Northern Addictions Centre

11333-106 Street
Grande Prairie, Alberta T8V 6T7
Phone: 538-5210 or RITE 121-5210
FAX: 538-6359 or RITE 121-6359
Manager: Doug Kazulak

Summary of Programs Offered at the Northern Addictions Centre (NAC):

Detoxification Program
Detoxification involves safe withdrawal from alcohol and other drugs. The NAC offers a 20-bed detoxification service, available on a 24-hour basis. Referrals are accepted at any time. For more information about NAC's Detoxification Program call 538-6300.

When stabilized, clients have access to NAC's treatment programs.

Treatment Program
The NAC Treatment Program assists clients, family members and others in overcoming difficulties associated with alcohol and/or other drug abuse. The program offers information about alcohol and other drugs, individual, group and/or family counselling as well as lifestyle workshops, recreation and leisure counselling. Referral is on a voluntary basis only. For more information about NAC's Treatment Program call 538-6367.

Thirty-two beds are available for residential support to Treatment and Community Education Services, if there is an assessed need.

Community Education Services
The NAC Prevention programs promote and encourage healthy lifestyles free from the abuse of alcohol and other drugs. Consultation, information, and assistance is provided in schools, agencies, employers/employees, professionals and communities in order to effect positive change on a community level. For more information about NAC's Community Education Services call 538-6330.

Northwest District Office

#291, 11333-106 Street
Grande Prairie, Alberta T8V 6T7
Phone: 538-5214 or RITE 121-5214
FAX: 538-5256 or 121-5256
District Manager: Iyas Abbas

AADAC Area Offices

High Level Area Office
Box 632
Provincial Building
9813 - 102 Street
High Level, Alberta T0H 1Z0
Phone: 926-2265
FAX: 926-2256
Area Supervisor: David Ramsay

High Prairie Area Office
Box 1110
Provincial Building
Highway 2 - West
High Prairie, Alberta T0G 1E0
Phone: 523-6640 or RITE 122-6640
FAX: 523-6565 or RITE 122-6565
Area Supervisor: Glen Aston

Peace River Area Office
Box 900-1
Provincial Building
9621-96 Avenue
Peace River, Alberta T8S 1T4
Phone: 624-6579 or RITE 120-6579
FAX: 624-6351 or RITE 120-6351
Area Supervisor: Barbara Johnson/Susan Long

Slave Lake Area Office
Box 1278
1st Floor, Lakeland Centre
Slave Lake, Alberta T0G 2A0
Phone: 849-7127 or RITE 135-7127
FAX: 849-7394 or RITE 135-7394
Area Supervisor: Kristine Robins

Whitecourt Area Office
#207, Provincial Building
5020-52 Avenue
Whitecourt, Alberta T0E 2L0
Phone: 778-7123 or RITE 148-7123
Area Supervisor: Sharon Harry

Summary of Services Offered By Area Offices:

Hours
8:15 am to 4:30 pm (Monday to Friday); alternate hours can be requested.

Program Components
Counselling
Services range from basic information to counselling support for individuals, families and/or collaterals experiencing problems because of alcohol or other drug use.

Specialized services and resources are available for teens.

If necessary, AADAC Area Offices may arrange referrals for detoxification, residential treatment centres, self-help groups or to other agencies for support services.

Community Education and Prevention
Presentations, workshops and seminars are available for schools, agencies, community and special groups. Consultations and training are provided in order to assist individuals and groups in affecting change on a community level.

Professionals (health care, social and education services etc.) are encouraged to access training through AADAC Area Offices to increase their competency in working with their clients who are experiencing alcohol or other drug-related problems.

Special Programs
AADAC offices continue to develop expertise in special programs such as: Adolescent Treatment, Peer Support, Student Assistance, Employee Assistance, Fetal Alcohol Syndrome, Inhalant Abuse, Seniors' Wellness, and Co-dependency issues. Specialists are available for consultation on these and other topic areas.

AADAC sponsors the Plannng Ahead and IMPACT programs for impaired drivers and information for these is available through the local office.

Resource Centre
Area Offices maintain resource centres--videotapes, films, books, pamphlets, posters, and program information--for distribution or lending to the public. Local area offices may facilitate borrowing materials from other AADAC centres.

Funded Agencies

Action North Recovery Centre
Box 872
High Level, Alberta T0H 1Z0
Phone: 926-3113
FAX: 926-2060
Director: John Loftus

Action North is a 20-bed inpatient treatment centre located in the northern Alberta town of High Level. Program components are lectures, films, individual and group counselling, introduction to AA, and recreation. Clients are exposed to an intensive 4-week program directed toward rebuilding a life free of chemical dependence.

Cool-Aid Society of Grande Prairie
10011-102 Street
Grande Prairie, Alberta T8V 2V5
Phone: 532-9004
Director: Charlene Eckstrom

Cool-Aid, a drop-in centre, provides a source of guidance and a referral service for teenagers (ages 12 to 18) experiencing personal and/or social difficulties. Both private counselling and group discussions are used. Cool-Aid provides an education service for teens on topics such as drug and alcohol abuse, suicide, handling crisis situations and decision-making through workshops, seminars and youth activities.

Metis Indian Town Alcohol Association
Box 1202
High Prairie, Alberta T0G 1E0
Phone: 523-3372
FAX: 523-3922
Director: Donna Smith
Cadotte Lake/Little Buffalo
Phone: 624-1236

Valleyview
Phone: 524-2909 Ext. 29

Metis Indian Town Alcohol Association (MITAA) operates a two storey house-like centre with a bed capacity of 12 located in the town of High Prairie. The lower portion of the structure is reserved for intoxicated people. The upper level is used for those who are waiting for beds in treatment facilities or those who wish to stay and receive one-to-one counselling for a period of 3 to 11 days.

MITAA administers an outpatient counselling centre in Cadotte Lake/Little Buffalo with an office in Peace River, an outpatient counselling office in Valleyview and an assessment, counselling and referral service for adolescents (12-17 years) out of the High Prairie Centre.

Native Counselling Services of Alberta
#800 Highfield Place
10010-106 Street
Edmonton, Alberta T5J 3L8
Phone: 423-2141
FAX: 424-1173
Executive Director: Chester Cunningham

Provides outpatient services to Loon Lake, Trout Lake and Peerless Lake through an office located at Red Earth. An office located in Calling Lake provides outpatient services for that area. Program components include: individual or group counselling, necessary referrals to other services, aftercare/follow up services, public awareness information to the communities and recreational activities.

Contact can be made by telephone:
849-4914-**Slave Lake**
649-3774-**Red Earth**
331-3826-**Calling Lake**

Northeast District Office

Box 1498
Provincial Building
9503 Beaver Hill Road
Lac La Biche, Alberta T0A 2C0
Phone: 623-5287 or RITE 137-1287
FAX: 623-5296 or RITE 137-5296
District Manager: K. Wayne Keillor

AADAC Area Offices

Athabasca Area Office
Box 725
4919-52 Street
Athabasca, Alberta T0G 0B0
Phone: 675-5841
FAX: 675-3848
Area Supervisor: Lorette Gislason

Barrhead Area Office
Box 1990
2nd floor, Administration Building
5141-50 Street
Barrhead, Alberta T0G 0E0
Phone: 674-8239 or RITE 134-1239
FAX: 674-8294 or RITE 134-8294
Area Supervisor: Kendall Taylor

Fort McMurray Area Office
4th Floor, Jubilee Centre
9915 Franklin Avenue
Fort McMurray, Alberta T9H 2K4
Phone: 743-7187 or RITE 136-7187
FAX: 743-7112 or RITE 136-7112
Area Supervisor: Carol Korpela

Grand Centre Area Office
Box 1170
#208 Heritage Mall
4910-50 Avenue
Grand Centre, Alberta T0A 1T0
Phone: 594-7556
FAX: 594-2144
Area Supervisor: Joan Engler

Lac La Biche Area Office
Box 1058
2nd Floor, M & M Building
10107-102 Avenue
Lac La Biche, Alberta T0A 2C0
Phone: 623-5227 or RITE 137-1227
FAX: 623-5298 or RITE 137-5298
Area Supervisor: Jo-Ann Mitchell

St. Paul Area Office
Box 2230
Adray Building, East
4448-50 Avenue
St. Paul, Alberta T0A 3A0
Phone: 645-6346 or RITE 139-1346
FAX: 645-6249 or RITE 139-6249
Area Supervisor: Sharon Steinhauer

Summary of Services Offered By Area Office:

Hours
8:15 a.m. to 4:30 p.m. (Monday to Friday); alternate hours can be requested.

Program Components
Counselling
Services range from basic information to counselling support for individuals, families and/or collaterals experiencing problems because of alcohol or other drug use.

Specialized services and resources are available for teens.

If necessary, AADAC Area Offices may arrange referrals for detoxification, residential treatment centres, self-help groups or to other agencies for support services.

Community Education Services
Presentations, workshops and seminars are available for schools, agencies, community and special groups. Consultations and training are provided in order to assist individuals and groups in effecting change on a community level.

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Resource Centre
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Funded Agencies

Bonnyville Indian Metis Rehabilitation Centre
Box 8148
Bonnyville, Alberta T9N 2J4
Phone: 826-3328
Director: Vacant

The Bonnyville Centre, situated on the banks of Moose Lake approximately 11 kilometers from Bonnyville, is designed to meet the needs of Native alcoholics in northern Alberta. The program offered by the Centre is on a 28-day basis with facilities to accommodate up to 26 patients, male and female. Bonnyville Centre provides one-to-one counselling, lectures and group therapy. Native culture in arts and crafts, films, AA meetings, recreation, and close relations with the community in consultation and education matters are important components of the program. The Centre is open seven days a week with 24-hour supervision. The Centre also administers two outpatient counselling programs: one in Fishing Lake and one in Elizabeth Settlement.

Pastew Place Detoxification Centre
505 Sakitawaw Trail South
Fort McMurray, Alberta T9H 4P3
Phone: 791-2525
Director: Kathleen Prince

Pastew Place is an 8-bed detoxification unit with accommodation for three to five days located on the southern edge of the city of Fort McMurray. Following initial assessment, an attempt is made to motivate clients to go for further treatment. Pastew offers outpatient counselling services and an information series as part of this program.

Central Alberta Field Services

Divisional Administration

#803, 10109-106 Street
Edmonton, Alberta T5J 3L7
Phone: 427-4263 or RITE 147-4263
FAX: 427-0456 or RITE 147-0456
Divisional Director: Carolyn Nutter

Central District Office

Main floor, Provincial Building
4920-51 Street
Red Deer, Alberta T4N 6K8
Phone: 340-7165 or RITE 151-7165
FAX: 340-4804 or RITE 151-4804
District Manager: Bob Bell

AADAC Area Offices

Camrose Area Office
4814-50 Avenue
Camrose, Alberta T4V 1N5
Phone: 672-1181 or RITE 143-1267
FAX: 672-1737 or RITE 143-1737
Area Supervisor: Mary Wilton

Drayton Valley Area Office
Box 7080
5136-51 Street
Drayton Valley, Alberta T0E 0M0
Phone: 542-5669 FAX 542-7760
Area Supervisor: Carol Robertson Baker

Edson Area Office
Provincial Building
#105, 111-54 Street
Edson, Alberta T7E 1T2
Phone: 723-8232 or RITE 130-8232
FAX: 723-8314 or RITE 130-8314
Area Supervisor: Marshall Hoke

Hinton Area Office
Box 6068
114 Jasper Street
Hinton, Alberta T7V 1X5
Phone: 865-8263 or RITE 132-8263
FAX: 865-8314 or RITE 132-8314
Area Supervisor: Marilyn Thurston

Red Deer Area Office
Main floor, Provincial Building
4920-51 Street
Red Deer, Alberta T4N 6K8
Phone: 340-5274 or RITE 151-5274
FAX: 340-4804 or RITE 151-4804
Area Supervisor: Craig Staniforth

Provost Area Office
Box 114
5110-50 Avenue
Provost, Alberta T0B 3S0
Phone: 753-6958
FAX: 753-6155
Area Supervisor: Tom Samuel

Stettler Area Office
Bag 600
4837-50 Street
Stettler, Alberta T0C 2L0
Phone: 742-7523 or RITE 153-7523
FAX: 742-7596 or RITE 153-7596
Area Supervisor: Lance Penny

Hours
8:15 a.m. to 4:30 p.m. (Monday to Friday). Available other times upon request.

Appropriate Clients
Any persons, including family members and others, who have an alcohol or drug concern.

Inappropriate Clients
Individuals exhibiting acute medical or psychiatric problems.

Referral
May be made by phone or in person by client, company, agency, friend or relative. Referral agents are encouraged to accompany their clients to the first appointment whenever possible.

Program Components

Treatment Services: This includes assessment, treatment and/or referral to appropriate agencies. Treatment programs may include individual, adolescent, group or family counselling, referral to inpatient residential programs, adolescent day treatment centres, detoxification halfway houses or support groups within the community.

Consultation: Addictions counsellors are available to consult with other agencies/programs about specific cases or general concerns.

Community Education Services

While services will vary from office to office the major areas of program delivery are Youth, Allied Professionals, Workplace, Public Awareness, and Community-Based initiatives.

Youth: The major effort is prevention through development of confidence and competence in the individuals. This is accomplished by joint planning, with AADAC staff acting as consultants and resource personnel in program development and delivery.

Allied Professionals: Services are provided to professionals to enhance understanding and skills needed to identify those needing treatment and/or to provide prevention/education programs.

Workplace: Consultation/training activities are conducted with employers, union and EAP professionals to assist them with alcohol/drug issues in the workplace.

Public Awareness: Many different programs to promote awareness of AADAC programs and understanding of addiction issues are presented to the public and the media. Each office also has a resource library for public use.

Community Based Initiatives: These are collaborative activities with other community organizations to assist them with prevention and education issues at a local level.

Edmonton Area

Community Education Services
#803, 10109-106 Street
Edmonton, Alberta T5J 3L7
Phone: 427-4267 or RITE 147-4267
FAX: 427-0456 or RITE 147-0456
Manager: Carol Cameron

Objectives
Community Education Services serves Edmonton and area with programs aimed at increasing understanding, building personal competence, enhancing public awareness, and encouraging community action in the prevention of substance abuse.

Services Offered
Addictions education consultants are available to deliver prevention and education services consistent with AADAC's values and principles.

Youth programs in the school and community are aimed at key people, such as teachers, guidance counsellors, youth leaders and coaches, to help them develop and deliver programs which will empower youth to make healthy lifestyle choices.

Workplace consulting is aimed at supporting the initiation and maintenance of Employee Assistance Programs, assisting with alcohol or drug impairment concerns, and supporting healthy, balanced worker lifestyles.

Community programs for community service and parent groups aim to enhance understanding and awareness of abuse and addiction issues, and to provide insights into prevention.

Allied Professional programs seek to provide a process in which the professional is encouraged to gain a broader understanding of addiction issues, including prevention and treatment, and to become increasingly proficient in the recognition, management and referral of alcohol and drug abuse clients.

Media consultations provide journalists with relevant information for news stories about addiction issues, as well as access to spokespersons. Assistance is also offered to other community organizations who are planning communication with the news media.

Program Activities

Community Education Services program activities may include:

- consulting groups about programming and AADAC resources;
- delivering seminars, workshops, in-services, and displays;
- organizing public forums and special events;
- lending films and videos focussed on addiction issues, emphasizing prevention;
- providing AADAC print materials on alcohol, drugs, and related issues;
- responding to media requests for information and spokespeople;
- collaborating and participating in community events.

Electronic Zoot

E-Zoot is a multi-line electronic bulletin board system (BBS) aimed at teens and young adults. Anyone who has access to a computer, a modem, and communications software may call the BBS. This 24 hours-per-day service is offered free, along long distance charges apply outside the Edmonton toll area.
Phone:428-9694 (data line to E-Zoot) or
427-4267 (voice calls).

Adolescent Treatment Centre
12325-140 Street
Edmonton, Alberta T5L 2C9
Phone: 422-7383 or RITE 147-7383
FAX: 427-0213 or RITE 147-0213
Manager: Bonnie McMillan
Counselling Supervisor: Paul Burke

Hours
8:15 a.m. to 4:30 p.m.(Monday to Friday) office hours
Some evening programming to 9:00 p.m.

Appropriate Clients
Young people aged 12-17 years whose involvement with alcohol or other drugs, and/or their related problems, is too severe to be handled through outpatient counselling. Adolescents who are willing to consent to treatment and to participate in this intensive program.

Inappropriate Clients
Adolescents who have active psychiatric problems which interfere with their ability to benefit from treatment. Young people who are medically unstable or actively suicidal. Individuals who do not want treatment.

Referral
Referral may be made through outpatient counselling units and area offices. A completed assessment using the Problem Severity Index and other relevant supporting documentation will be submitted to the ATC to initiate the referral.

Program Components

Skill Groups: A series of topic areas relevant to the adolescent's substance abuse and life problems will be explored.

Individual and Group Counselling: A primary counsellor will help each adolescent to assess the impact of drugs on his/her life and to develop an individualized treatment plan and goals. Group Counselling provides an opportunity for reevaluation of individual and lifestyle issues with the benefit of group participation.

Family Counselling: This service is designed to deal with family issues that may be contributing to ongoing alcohol and drug use, and to facilitate the development of a home environment that will support positive change.

Parent Support: Parent Support Groups will provide drug and parenting information and skill training as well as opportunities for mutual support.

Recreation Therapy and Leisure Services: Individual and group leisure counselling focuses on increasing client access to a variety of recreation experiences and emphasizes the importance of leisure in the treatment process.

School: Individual curriculum-based instruction and remedial education are provided by a qualified teacher.

Residential Support: For those young people who do not have a satisfactory living arrangement, a residential support home may be provided.

Downtown Treatment Centre
10010-102A Avenue
Edmonton, Alberta T5J 3G2
Phone: 427-2736 or RITE 147-2736
FAX: 427-4180 or RITE 147-4280
Manager: Bill Waitt
Team Leaders: Laura Allan and Gordon Munro - Outpatient; Lawrence Derry - Adolescent; June MacGregor - Day Program

Hours
8:00 a.m. to 9:30 p.m. (Monday to Thursday)
8:00 a.m. to 6:00 p.m. (Friday)
Evening groups to 9:30 p.m

Intake Hours
9:00 to 11:00 a.m., 1:00 to 3:30 p.m.
(Monday to Thursday)
6:00 to 8:00 p.m. (Tuesday)

Appropriate Clients
Any individual, family or other collateral wanting information or treatment regarding an alcohol or drug-related problem.

Inappropriate Clients
Intoxicated clients requiring detoxification or clients with mental or physical problems requiring hospitalization.

Referral
May be made by phone or in person by a prospective client, agency, friend or relative. Referring agents are encouraged to accompany their client to the first appointment when possible.

Program Counselling

Information: Counsellors provide information about alcohol or other drugs and the services offered by the centre. Phone or personal inquiries are welcome.

Individual Counselling: A counsellor will help the client to assess his/her alcohol- or drug-related problems. If treatment is desired, a program based on individual needs will be planned.

Leisure Counselling: Referral by a counsellor only. Individual and group leisure counselling is available to deal with the importance of leisure in maintaining sobriety.

Medical Assessment: A nurse (full-time) and a doctor (part-time) are available to assist the client during withdrawal. Medical assessment with a referral to the community is made whenever necessary.

Psychiatric Services: A psychiatrist is available part-time for assessment, treatment and referral when necessary.

Consulting Services: In-service visits by staff can be arranged at the request of other agencies, employers or community organizations.

Group Programs - Adult

Information Series: No preregistration is necessary. Time: Tuesday and Thursday 7:30 to 9:00 p.m. This is a 5-session series commencing on the first and third Tuesday of every month. This series provides information about mood-altering drugs, alcoholism and other dependencies. The series consists of films, lectures and a discussion period.

Assertion Group: Referral by a counsellor is necessary. This 4-session series is designed to teach individuals how to exercise their own rights without denying the rights of others.

Children's Group: Referral by a counsellor is necessary. This 8-session group teaches children 6 - 12 years about alcoholism and dependencies through activities and information. Parent(s) or a significant other are involved in the first and last sessions.

Counselling Groups: Referral by a counsellor is necessary. Scheduled on an "as needed" basis, these groups are designed to give members the opportunity to discuss their feelings and problems, and to relate to others in an honest and constructive way.

Intervention Workshop: Referral by a counsellor is necessary. This workshop is designed for families and employers. The objective is to teach them the skills necessary to interrupt destructive drinking or drug use within the family or workplace.

Parents Group: This 8-week group provides an informative support resource for parents whose child/children are using or misusing mood-altering drugs. Please call the Centre if you wish to register in this group.

Relapse Prevention Group: Referral by a counsellor is necessary. Relapse or slip? What are the danger signals? How can you protect yourself? This group provides you with a practical plan to prevent return to drug use.

Spouses Group: Referral by a counsellor is necessary. An 8-week group designed to provide information and support to the partners of those with an addiction.

Self-Esteem Group: Referral by a counsellor is necessary. A 4-week series designed to help those hindered by low self-esteem. The methods used are discussion, role-playing, handouts and homework.

Special Program

Drinking Decisions: This is an early intervention program designed to assist people who are beginning to experience drinking problems. Through an educational format it helps individuals assess their drinking habits and learn more appropriate methods of managing their drinking. This is not a program for alcoholics. The program consists of 10 weekly counselling sessions arranged at the convenience of the clients.

Group Program - Adolescent

Information Series: Sessions designed for adolescents to provide information and an opportunity for self-assessment about alcohol and other drug use.

Adolescent Issues: A group process designed to examine the impact of alcohol/drug use on families and provide for adolescents whose parents may have been harmfully involved with alcohol and other drug use.

Adolescent Support: Provides adolescent clients with assistance with relapse prevention and community resources in this regard (i.e., Narcotics Anonymous). Appropriate for clients wanting to maintain or work towards abstinence.

Day Program

Supervisor: June MacGregor
Hours: 8:15 a.m. to 4:30 p.m. (Monday to Friday)

The Day Program is for individuals with alcohol or drug-related problems, their families and other collaterals. Individuals in need of psychiatric treatment, long-term medical care, or those who are intoxicated or who exhibit violent behavior are not appropriate. Clients may be self-referred or referred by professionals and/or agencies. Admissions take place Friday mornings at 8:30 a.m. Clients may be admitted at other times under special circumstances.

The program includes the following components:

Treatment Program: On weekdays from 8:15 a.m. to 4:30 p.m., there is a structured treatment program which involves films, lecture presentations, group learning activities and group therapy.

Counselling: Assessment, referral, individual, group and couples counselling are available to all clients and their collaterals.

Resource Agency Presentations: Speakers from community service agencies, including self-help groups, present information to the clients to inform them of services they may need presently or in the near future.

Recreation: Recreation activities and leisure counselling are designed to improve clients' use of leisure time.

Relationship with Self-Help Groups

Where appropriate, clients are referred to self-help groups such as Alcoholics Anonymous, Narcotics Anonymous, or Al-Anon. Several of these groups hold meetings at the Centre on a weekly basis.

West End Treatment Centre
Belmead Professional Building
8944-182 Street
Edmonton, Alberta T5T 2E3
Phone: 422-1302
FAX: 427-0777 or RITE 147-0777
Manager: Jerry Moran
Counselling Supervisor: Joel Cooper
Opiate Dependency Supervisor: Mike Jenkyns

Hours
7:00 a.m. to 5:00 p.m. (Monday, Thursday, Friday)
7:00 a.m. to 9:00 p.m. (Tuesday, Wednesday)
Pharmacy Hours: 7:00 a.m. to 3:00 p.m.
(Monday to Friday)
7:00 a.m. to 7:00 p.m. (Thursday)

The West End Treatment Centre, a chemical dependency outpatient facility, serves the West Edmonton community. Information, consultation, counselling, medical and psychological services are provided to persons dependent on mood-altering chemicals, their families, their employers, and others concerned with the problem. The Centre provides the only methadone clinic in the province of Alberta.

Appropriate Clients
Individuals with alcohol or drug-related problems, their families and other collaterals.

Inappropriate Clients
Individuals, families or collaterals with no present or past alcohol or drug-related problems.

Program Counselling

Crisis Intervention: Persons with any chemical dependency problems may come to the Centre without an appointment and can be seen by a counsellor and/or nurse for treatment.

Individual, Couples and Family Counselling: Individual, couples and family counselling are provided by professional counsellors. Counselling includes emotional support and positive communications, and promotes healthy lifestyle changes.

Intervention Program: Counselling in effective intervention techniques to motivate the chemically dependent person to seek treatment is available to families and other concerned people. Education and direction is provided to help concerned people constructively confront the chemically dependent person with his/her inappropriate behavior. Throughout, a caring, supportive environment is emphasized. The goal of intervention is to facilitate the chemically dependent person and his/her family to accept ongoing treatment.

Leisure Counselling: Recreational leisure skills counselling is available to meet the needs of those individuals and/or family members involved in the treatment aspects of this program.

Medical Services: Medical services are available. Also, a registered nurse is on duty to attend to medical emergencies and provide treatment in minor drug withdrawal or crisis situations.

Education Program for Helping Professionals and Students: Individual programs are structured to assist professionals and students to achieve their learning objectives. These programs include involvement in a variety of treatment programs, clerical staff meetings and counselling under supervision as required.

Special Programs

The Opiate Dependency Program

The Opiate Dependency Program operates out of the AADAC West End Treatment Centre. The program is designed to treat and rehabilitate clients who have an opiate dependency. Clinical assessment, urinalysis and a thorough medical examination determine the diagnosis of opiate dependency. Clients attend the clinic or community pharmacies daily to receive their methadone, a synthetic narcotic, which blocks the withdrawal symptoms of opiates.

Individual counselling is available for clients who desire it. A physician attends the clinic to provide medical care for the clients. Random urinalysis is done to ensure that the clients are not using unauthorized drugs. The purpose of the program is to stabilize and normalize the clients' lifestyle in the hope that they will become responsible and productive members of society.

Day Programs

The goal of this program is to help participants understand their addiction through education and to help them gain more understanding of themselves and their lifestyles through group therapy. Lectures are presented in the morning and group therapy takes place in the afternoon.

The emphasis in group therapy is on self-awareness, building of self-esteem and interpersonal communication. There is opportunity for reevaluation of oneself and one's lifestyle through group participation.

Criteria for admission is a commitment to ongoing, daily participation in both the educational and group therapy component of this program. This is a two-week program. New members attend an orientation day on Friday. The two-week program begins the following Monday.

Group Programs

Children's Group: This is an 8-week "closed" group for children ages 7 to 12, living with parents who have or have had alcohol- and/or other drug-related problems. The program is designed to help children become more aware, build their self-esteem and relate positively to others. Information is provided through films and discussion to help the children understand addiction and its effect on the family.

Spouses Group: This is an 8-week "closed" group for husbands, wives and relatives of chemically dependent persons. The goal of this group is to provide the opportunity for spouses and relatives to share their concerns, to solve problems and to become more aware of their own needs and strengths.

Carry-On Group: This is a weekly group for clients wanting the support of a group in the early stages of recovery.

It is an open, ongoing, supportive group which gives the participants the opportunity to share their concerns in an atmosphere of acceptance and caring. Clients may bring spouses and friends.

Information Series: This 5-evening introductory series provides information about alcohol, alcoholism and other dependencies. It is educational in content with lectures, films and discussions. The information series is open to all interested persons.

Lecture topics are:

- Introduction to Dependencies
- Effects of Mood-Altering Drugs on Health
- Do Mood-Altering Drugs Affect Our Relationships?
- Recovery Process and Treatment
- A Look at Leisure

AADAC Institutions

Henwood Treatment Centre
18750-18 Street
Edmonton, Alberta T5B 4K3
Phone: 472-6033
FAX: 422-5408
Manager: Betty Roline
Program Manager: Bob Martel

Located approximately 15 kms northeast from downtown Edmonton on Manning Drive (Highway 15).

Hours
24 hours/day
Capacity: 92 bed treatment centre

Who to Refer
Any person who has a drug or alcohol addiction problem and who requires a residential setting to help them achieve abstinence. Persons who have never had previous treatment, or have problems with acceptance of their addiction would benefit from Henwood treatment. Clients MUST BE FREE from the affects of alcohol and other drugs of addiction and well enough to participate in the program.

Who to Delay Referring
Clients whose use of substances is advanced and who require a period of detoxification in a safe environment or through home supervision. Clients who have problems living in residential settings due to poor impulse control, violent outbursts, or unmanaged psychiatric illness. Consultation is available from the Henwood Admission Committee on any client, as to their appropriateness for residential treatment.

Referral
Is by application. Forward completed applications to:

Admissions Office
Henwood Treatment Centre
18750 -18 Street
Edmonton, Alberta T5B 4K3

Note: Admission to Henwood is voluntary and by application only. Consultation about referrals is available by contacting the admissions office.

Admission Dates
Admission dates will be set upon receipt and approval of a completed "Henwood Application Form" which includes both referral and medical information. Applicants will subsequently receive written notification of their admission date. Admission takes place on Monday mornings.

Program Components - Assessment & Treatment Planning

Individualized Treatment Program:

- Individual and group counselling available to each client.
- Recreation activities and leisure counselling designed to enhance treatment outcomes. There is a gym and a creative leisure room as well as outdoor recreation areas.
- Workshops, lectures and films which provide information about drug dependency and its effect on the physical, social, emotional and spiritual well being of the individual, and skill development to help clients achieve abstinence.
- Medical assessment of the physical health of client upon admission. Health services staff are on duty 24 hours a day.
- Introduction to Alcoholics Anonymous, Al-Anon, Narcotics Anonymous and other community and self-help resources.
- Relaxation therapy- linkage to outside series, aftercare planning.

The initial treatment averages three weeks in length, and may vary, with no structured programming offered on weekends. Where possible, clients are encouraged to return to their home communities on weekends. Weekend leaves are supported with a plan of abstinence while away from Henwood.

Family Program: The Family Program is for:

Any person who has been impacted by the substance abuse of a significant person in their life.

Family Program is a 5-day residentially-based program. The program focusses on the process of chemical dependency, how a person's use affects others and how people can address their issues about another's use. Family Program stresses the need for self-care, while being a support to the recovery of another person.

Admission to the program is arranged through Henwood's Admissions office.

Educational Programs: AADAC's Training and Professional Development offers some courses at Henwood. Information about these courses may be obtained from Training and Professional Development at 427-7305.

Other educational programs provided at Henwood include: Peer Support Weekend Retreats, Catalysts for Health (a five-day program for high school students) and other seminars under various auspices (e.g., Faculty of Extension, IMPACT).

AADAC Recovery Centre
10302-107 Street
Edmonton, Alberta T5J 1K2
Phone: 427-4291 or RITE 147-4291
FAX: 422-2881 or RITE 147-2881
Manager: Evelyn Kohlman
Treatment Supervisor: Marie-Line Mailloux

Hours
24 hours/day
Capacity: 30 beds

Appropriate Clients
Male and female clients desiring withdrawal from alcohol or other drugs and referral to ongoing treatment.

Inappropriate Clients
Those who exhibit violent behavior. Those who are in need of psychiatric treatment, emergency medical care or long-term medical care.

Referral
Referral from other agencies, city police, family physician, relative or friend, or self-referral.

Program Components

Physical Stabilization: Nursing assessments and consistent health monitoring with 24-hour nursing coverage and a physician on site three times weekly ensures safe detoxification for individuals withdrawing from alcohol and/or drugs. Health emergencies are referred to hospitals, and psychiatric assessments are implemented as needed.

Residential Care and Support: Meals, lodging and a supportive environment assist clients in reflecting and examining their own life situations.

Counselling Program: The counselling program includes completion of specialized alcohol and drug assessments, crisis counselling, treatment planning and arranging the appropriate referrals for ongoing treatment. Daily information and group discussion are provided. Clients are introduced to AA and NA programs with regular meetings held at the Centre.

Funded Agencies

Boys' and Girls' Club of Hinton
Box 1728
195 Seabolt Drive
Hinton, Alberta T0E 1B0
Phone: 865-3208
Director: Ed Griffth

The Boys' and Girls' Club, through structured programs, provides youth with opportunities to learn and practise social skills and self-expression, understand community responsibilities, and develop leadership qualities.

George Spady Centre Society
10015-105A Avenue
Edmonton, Alberta T5H 0M5
Phone: 424-8335
Director: Cecilia Blasetti

The George Spady Centre provides temporary shelter and/or detoxification services to the public inebriate. Program components include drop-in and overnight shelter for males and females, a short term detoxification for males, and, when appropriate, referrals to treatment facilities.

Jellinek Society
11229-100 Avenue
Edmonton, Alberta T5K 0J1
Phone: 488-1160
Director: Howie Wynn

Jellinek House is a residential halfway house which can accommodate 15 males. The program incorporates the philosophy of Alcoholics Anonymous. Residents must be able and willing to seek employment, and are encouraged to stay for a period of at least three months. Admission criteria include one month of sobriety plus an affiliation with Alcoholics Anonymous and an AA sponsor.

McDougall House Association
10803-111 Avenue
Edmonton, Alberta T5G 0C3
Phone: 426-1409
Director: Vacant

McDougall is a 14-bed residential program for women who have a sincere desire to change their lifestyle. The program provides counselling and the opportunity for residents to practise independent living skills. The clients utilize community resources for employment, education and specialized treatment.

Nechi Institute on Alcohol and Drug Education
Box 3884
Postal Station D
Edmonton, Alberta T5L 4K1
Phone: 458-1884
FAX: 458-1883
Director: Maggie Hodgson
Located in the northeast corner of St. Albert.

Nechi provides addiction training programs for counsellors, volunteers and program administrators who are employed in community agencies funded by AADAC or NNADAP (National Native Alcohol and Drug Abuse Program). Nechi provides three major training programs with each program consisting of several individual training sets. Trainees are assessed and graded on each course, and successful completion of each program is recognized by a certificate of completion at the annual graduation.

The Institute also has a capacity to develop innovative training for special community needs not addressed by the regular training programs.

Training Programs

I. **Community Addiction Training**
Includes Orientation and Communication, Alcoholism and Addictions, Alcoholism-Family Disease, Alcoholism-Assessment, Alcoholism-Treatment, Alcoholism-Aftercare, Alcoholism-Personal Growth, and Alcoholism-Prevention.

II. **Advanced Counsellor Training**
(Prerequisite: completion of Community Addiction Series).
Includes One-To-One Counselling, Family Dynamics, Group Dynamics, Culture and Personal Growth, and Suicide Prevention and Grieving.

III. **Program Management**
Includes Towards a Philosophy of Management, Inclusion and Prevention in the Workplace, Policies and Procedures, Conflict Management and Decision Making, Program Planning, Program Development, Budgeting I, Budgeting II, Internal Relations Development, and External Relations Development.

O'Meara Rehabilitation Centre
Box 360/5111-46 Street
Legal, Alberta T0G 1L0
Phone: 961-3737
Director: Reg Oligny

O'Meara Rehabilitation Centre is a 62-bed residential facility for men and women located in the town of Legal. The Centre provides a supportive environment while while individuals are recovering from alcohol and drug dependencies. O'Meara accommodates clients who require long-term residence as well as clients who require a less intense pace of treatment activity.

Poundmaker's Lodge
Box 3884
Postal Station D
Edmonton, Alberta T5L 4K1
Phone: 458-1884
FAX: 458-1883
Director: Pat Shirt
Located in the northeast corner of St. Albert.

Poundmaker provides a 28-day treatment program which includes individual and group counselling, addiction information, recreation, and Native cultural activities. This program accommodates 54 men and women. The program focusses on self-help principles, primarily those of Alcoholics Anonymous. Poundmaker provides outpatient services in downtown Edmonton for individual counselling and aftercare services for adults and adolescents.

Recovery Acres Society
6329-118 Avenue
Edmonton, Alberta T5W 1G2
Phone: 471-2969
Director: Murray Robson

Recovery Acres is a 36-bed residential facility for male alcoholics. Clients are expected to maintain abstinence, seek employment and be committed to the program for a minimum of three months. Program components include individual counselling, group decisions, and active participation in the Navolco series and Alcoholics Anonymous meetings. The program provides opportunities for clients to develop and implement employment, recreational and social skills. It emphasizes recovery through self-help and proactive peer support.

Rocky Native Friendship Centre
Box 1927
Rocky Mountain House, Alberta T0M 1T0
Phone: 845-2788
FAX: 845-3093
Counsellor: Alex Jimmy

This outpatient counselling service, located in the Rocky Native Friendship Centre, offers individual counselling, referral to detoxification and inpatient centres, and educational workshops on addictions.

Salvation Army Rehabilitation Unit
Box 328
5211 Gaetz Avenue
Red Deer, Alberta T4N 5E9
Phone: 346-6130
Director: Duane Esler

The Salvation Army Alcohol/Drug Rehabilitation Centre is a 14-bed residential facility. The program provides a supportive environment for males seeking addiction recovery and living skills.

Veg-Al-Drug Society
Box 65
Provincial Building
Vegreville, Alberta T0B 4L0
Phone: 632-6617
Director: Gabriel Brissard

Veg-Al-Drug is an outpatient counselling service providing individual counselling, referrals and aftercare treatment support.

Walter A. "Slim" Thorpe Recovery Centre
4204-54 Avenue
Lloydminster, Alberta T9V 2R6
Phone: 875-8890
FAX: 875-2161
Director: Bill Hewitt

W. A. "Slim" Thorpe Recovery Centre offers 4 programs for men and women. The programs include a 4-bed detoxification unit, a 3-week residential and day treatment program and 2 outpatient services located in Lloydminster and Wainwright. The treatment program provides individual and group counselling, information sessions and introduction to AA. The outpatient services provide individual, group and family counselling as well as workshops and seminars on drug and alcohol abuse.

Southern Alberta Field Services

Divisional Office

3rd Floor, 1177-11 Avenue S.W
Calgary, Alberta T2R 0G5
Phone: 297-3038 or RITE 161-3038
FAX: 297-3036 or RITE 161-3036
Divisional Director: Dennis Jones

Southern District Office

#254, 200 Fifth Avenue South
Lethbridge, Alberta T1J 4C7
Phone: 381-5104 or RITE 181-5104
FAX: 382-4455 or RITE 181-4455
District Manager: Eldon Coward

AADAC Area Offices

Blairmore Area Office
12501-20 Avenue
P.O. Box 944
Blairmore, Alberta T0K 0E0
Phone: 562-2966 or RITE 182-2966
FAX: 562-8933 or RITE 182-8933
Area Supervisor: Dick Peterson

Brooks Area Office
Mailing Address:
P.O. Box 2168
Brooks, Alberta T0J 0J0

Office Location:
#1, 403 - 2 Avenue West
Newell Plaza
Brooks, Alberta
Phone: 362-1265 or RITE 166-1265
FAX: 362-1248 or RITE 166-1248
Area Supervisor: Roberta Rogers

Drumheller Area Office
P.O. Box 9
110 Third Avenue West
Drumheller, Alberta T0J 0Y0
Phone: 823-1660 or RITE 164-1660
FAX: 823-1762 or RITE 164-1762
Area Supervisor: Gerald Mancini

Lethbridge Area Office
#135, 200 Fifth Avenue South
Lethbridge, Alberta T1J 4C7
Phone: 381-5183 or RITE 181-5183
FAX: 382-4455 or RITE 181-4455
Area Supervisor: Gwen Bibby

Medicine Hat Area Office

Provincial Building
346-3rd Street SE
Medicine Hat, Alberta T1A 0G7
Phone: 529-3582 or RITE 184-3582
FAX: 529-3130 or RITE 184-3130
Area Supervisor: Stan Wiens

Hours
8:15 a.m. to 4:30 p.m

Appropriate Clients
Anyone, including individuals, families and other collaterals, who is directly or indirectly experiencing alcohol or drug-related problems.

Inappropriate Clients
All clients will be accepted for assessment and will be referred to the appropriate agencies as required.

Referral
Any individual with an alcohol or drug problem may come to an area office or call for an appointment. Referrals can also be made by agencies, institutions or concerned individuals. Persons affected by another's use of alcohol or drugs may also come for information or counselling.

Program Components
Individual and Family Counselling: Counselling and assessment are provided on an outpatient basis. Both the person experiencing the alcohol/drug problem and others in his/her life who are affected by it are welcome in the program.

Treatment Groups: When necessary, various groups are established to facilitate the treatment program. Groups focus on areas such as skill development, assertiveness training, self-esteem, stress management, collateral needs, teen issues, parenting, relapse prevention, etc.

Agency Liaison: To further the treatment process, liaison is maintained with AA, Al-Anon and various social agencies. Often, the involvement takes the form of treatment consultation on matters relating to alcohol or drug abuse.

Referral: When the assessment discloses that a person may benefit from another agency or institution, appropriate referrals are made. Alcohol/drug treatment resources include South Country Alcohol and Drug Treatment Centre, Southern Alcare Society & Industries, Foothills Centre and St. Paul Treatment Centre as well as AADAC direct services. Follow-up services are provided upon the individual's return from a residential treatment program.

Community Education Services: Community Education Services involve the provision of leadership, training, consultation and information to those groups or individuals who are uniquely positioned to prevent drug/alcohol problems. Public education and media programs are also provided. Health promotion is used as a focus for planning and program development.

Activity in Community Education Services is centered in several key areas:

- Education System: Training, consultation, and resources are provided to educators and school personnel from grades K-12 for both education and prevention programs. Information and resources are also provided for post-secondary institutions.

- Business and Industry: Resources, training and consultation is provided for employers for the development of Employee Assistance Programs to effectively manage alcohol and drug-related problems and to assist in the establishment of workplace-based health promotion concepts.

- Community: Services are directed at various community individuals and groups with a view to preventing alcohol and drug abuse and to encourage health enhancing behaviours on a personal, family and community basis. One element of this is to mobilize individuals and groups to assist in the development of community-based action projects such as Project Participation.

- Professional Programs: Training and resources for various professional groups, including those in agencies, institutions and the health care system, are aimed at enhancing their ability to effectively identify, manage and refer individuals with alcohol/drug related problems as well as to work interdependently with AADAC in the provision of services to individuals who require them. Coordinated programs based on prevention and health promotion objectives are also developed.

Calgary Area

Community Education Services
3rd Floor, 1177-11 Avenue S.W
Calgary, Alberta T2R 0G5
Phone: 297-3028 or RITE 161-3028
Manager: Lyne Callan

Purpose: AADAC Community Education Services (CES) provides prevention education and training programs to schools, community groups, business and health care professionals in the Calgary area. Committed to meeting the needs of Calgarians, the role of CES in the community is to:

- increase understanding of substance abuse problems;
- reduce the likelihood of harmful involvement with alcohol or other drugs;
- increase community participation in the prevention of substance abuse and promotion of healthy lifestyles;
- improve awareness of AADAC treatment and prevention service option.

Services

Professional Consultations on:

- school-based substance abuse prevention programs;
- workplace substance abuse prevention programs;
- the use, misuse, and abuse of alcohol and drugs;
- healthy lifestyles;
- AADAC resource packages;
- planning and promoting community events and substance abuse prevention program.

Comprehensive Training through:

- seminars;
- inservices;
- workshops;
- lectures

Quality Information and Resources:

- films and videos;
- pamphlets and brochures;
- information packages and statistics.

Youth Programs
Schools and Youth: Program consultation, training, and curriculum approved educational resources are provided to teachers, guidance counsellors, and school administrators. Training, using AADAC resources, emphasizes responsible independence, positive peer influence, role modelling, social interaction, and the development of healthy lifestyles.

Community Youth Group Leaders: Information, consultation, training, and financial support are provided to youth group leaders to assist in the development and implementation of community youth projects.

Parents: Educational programs and consultations are provided to parent groups on substance abuse and how to foster healthy attitudes, behaviours, and communication within the family.

Communication and Promotions: Consultation services and training are offered to school, community groups, and agencies on promoting drug abuse prevention programs and initiatives. These services include promotion using the media and free community service advertising.

Adult Programs
Workplace: Consultation, training, and information services are provided to business, industry, and professional organizations on the prevention of substance abuse in the workplace. Programs include supervisory training in the recognition of and referral for substance abuse problems, information sessions on current drug use issues and assistance in designing and implementing employee lifestyle programs.

Health Professionals: Consultations, presentations, training workshops, and educational resources are provided to assist health professionals in identifying and referring clients with alcohol and other drug problems.

Seniors: Consultation, training, and information services are provided to seniors and caregivers to assist in the prevention of substance abuse within this population.

Media: Accurate, relevant, and current information is provided to journalists through consultation and interviews to assist in developing news stories about substance abuse issues, treatment, and prevention.

Communications and Promotions: Consultation service and training is offered to employers, medical, and social service agencies on promoting drug abuse prevention programs and initiatives.

Resources: Films and videos for youth and adults are available on loan to the public. Pamphlets and posters are available free of charge. Displays are arranged on a request-basis for conferences, resource fairs, and workshops.

AADAC Counselling Services
2nd Floor, 1177-11 Avenue S.W
Calgary, Alberta T2R 0G5
Phone: 297-3071 or RITE 161-3071
Manager: Karen Hala

Hours
8:15 a.m. to 4:30 p.m. (Monday, Thursday, Friday)
8:15 a.m. to 9:00 p.m. (Tuesday, Wednesday)

Appropriate Clients
Individuals, families and collaterals who are concerned about an alcohol or other drug problem.

Referral
Referrals may be made by phone or in person by client or agency, friend or relative. Referral agents are encouraged to send an AADAC Release of Confidentiality prior to the first appointment in order to allow communication regarding the client's treatment.

Treatment Services
Service includes assessment, treatment and/or referral to appropriate agencies in the province. Assessment of the individual's alcohol or drug problem and personal and social resources is carried out in order to determine the most appropriate treatment program. Treatment modalities include individual, group and family counselling. Clients may be referred to an inpatient residential program such as Henwood or Lander Treatment Centres, a halfway house, other agencies, Alcoholics Anonymous and other self help groups.

Skill and counselling groups are run on a demand basis and referral to these groups must be through a counsellor. At present, the following groups are offered:

Information Series: This ongoing three-week series provides general information on chemical dependencies. It examines underlying dependent behavior, effects of alcohol or drugs on the body, effects of chemical dependency on one's lifestyle and possibilities for development of alternative lifestyles. Wednesday evenings from 7:00 to 9:00 p.m.

Relationship Group: A group for those people who have experienced separation/divorce, to help them understand the process of rebuilding oneself when a relationship ends, avoid repeated negative relationships and attain a level of comfort in being single and alone.

Communication Groups: Open to any individual or couple, including collaterals as well as individuals with drug or alcohol problems who wish to further enhance their communication skills. This 10-week group is experiential in nature and it is expected that clients will practise and use new skills learned in this group.

Assertiveness Training: Assertive behavior enables people to act in their own best interests, to stand up for themselves, to express their honest feelings comfortably and to exercise their own rights without denying the rights of others. This group meets two hours a week for eight weeks to discuss and practise assertiveness training.

Relapse Management: This group is designed for those who have chosen an abstinent lifestyle. Each member is required to design a personalized recovery program which should, hopefully, preclude the possibility of relapse.

Adolescent Awareness Group: This group is designed for individuals between 13 and 17 years of age who are first time participants in any type of alcohol/drug assessment or treatment process. Participation in the three consecutive days of group is mandatory prior to advancing in any further teen group involvement.

Stress Management: This group provides a skills oriented framework for dealing with stress. The focus is on awareness and identification of stress in one's life. Managing stress is experienced through working on coping strategies and integrating a comprehensive 9-step planning guide. This group meets once a week for eight weeks.

Self-Esteem: This group is designed to develop an awareness of how self-esteem affects our actions, how we relate to others and what we can achieve in our lives. The objectives are to help individuals develop some tools that will assist them in achieving high self-esteem, as well as reconstructing their "selves" for today so that they live with a sense of mastery and enjoyment in their lives. This group meets once a week for eight weeks.

Adolescent Group: This group helps to meet the needs of adolescents experiencing problems with alcohol and/or other drugs. Young people in the group find support and encouragement from one another, the group leaders and the AA program in achieving and maintaining healthy lifestyles.

Anger Management: This group is oriented to help individuals realistically assess their present patterns of dealing with anger. It is an experiential process focussed on the development of more effective anger management strategies.

Parent Support Group: This group helps to meet the needs of parents concerned about their adolescent children's use of alcohol or drugs. In addition to offering support, the group will assist parents in identifying or developing new coping skills.

Day Program
9:30 to 11:30 a.m., 1:30 to 3:00 p.m., (Monday to Friday)

A three-week supportive program utilizing didactic and experiential formats. Through participant interaction, clients are encouraged to examine their alcohol or drug use, its effect on their lives and the changes needed to overcome the accompanying problems.

Consultation
Counselling Services staff is available to consult with other professionals and groups about individual cases, to provide information, and to facilitate the referral process.

Adolescent Treatment Centre
1005-17 Street N.W
Calgary, Alberta T2N 2E5
Phone: 297-4664 or RITE 161-4664
FAX: 297-4668 or RITE 161-4668
Manager: Barb Davis

Hours
8:15 a.m. to 9:00 p.m. (Monday and Wednesday)
8:15 a.m. to 6:00 p.m. (Tuesday and Thursday)
8:15 a.m. to 4:30 p.m. (Friday)

Target Group
The Adolescent Treatment Centre (ATC) provides services that are free, confidential, and voluntary. They are designed to help youth, aged 12 to 17, who are experiencing problems associated with alcohol and other drugs. ATC programs and services provide the flexibility to meet the unique needs of each adolescent and family.

Assessment and Referral
Referral to the AADAC Adolescent Treatment Centre can be made by an adolescent or person concerned about an adolescent's use of alcohol or other drugs.

All youth entering the ATC participate in an initial assessment that examines how drug and alcohol use affects their lives.

Out-of-town referrals are made through AADAC's out-patient counselling units and area offices.

Early Intervention and Short-Term Counselling
The adolescent Community Counselling Services team provides the following counselling services to adolescents:

- information and referral
- regularly scheduled individual counselling
- Young Adult Support Group (out-patient and aftercare): an ongoing weekly group that focusses on peer support, problem-solving, and skill-building in a group setting for adolescents committed to developing and maintaining a drug and alcohol-free lifestyle
- information groups: an information series on the effects of drug and alcohol use on major life areas

ACTION - an intensive, multi-dimentional treatment program
The ATC offers an intensive, multi-dimensional program for adolescents whos involvement with alcohol or other drugs has resulted in serious life disruption. Adolescents participate in the ACTION Program five days a wee, for a period of 3 to 4 months and attend both day and evening programs.

The ACTION program is designed to provide the adolescent with an individualized program, maximum contact with counsellors, and an optimal level of involvement with all major program resources, including recreation, school, family programs, and community support homes.

Counselling resources include:

One-to-One Counselling: A low teen-counsellor ratio contributes to providing adolescents with the time and support they need to develop and work through individual treatment plans personally relevant to the teen. The focus of counselling is to resolve problems, develop potential, and build on success.

Learning Groups: Teens work together to explore and test new ideas and develop new skills important to responsible independence. Together, they deal with substance abuse issues and learn how to manage their lives successfully and without reliance on alcohol or other drugs.

Group Counselling: A positive peer culture is emphasized. Teens support each other in their development of skills and on working through personal issues.

Self-Help Study Group: This group introduces the adolescents to community support and self-help groups that are important to ongoing success in continuing care.

Recreation and Leisure Therapy
The focus of recreation is to help adolescents develop new leisure and social skills, and explore areas of individual interest while building on successful experiences.

A recreation therapist works with adolescents in the ACTION Program to complete a leisure assessment which helps to direct an individualized program, based on specific needs, skills and interests.

Teen can participate in a broad range of activities in the facilities on-site and off-site activities such as mounting-biking, hiking, and skiing.

Out-trips: Treatment and counselling themes are supported by 1 - 4 day out-trips that provide exciting, dynamic environments to develop leisure skills, practice "learning to learn" and participate positively with peers and adults. Out-trips are year-round and include such activities as skiing in the winter and back-packing in the summer.

Summer Program: During July and August, there is an enhanced recreation program to supplement the core Action counselling program. The program includes 1 - 4 day out-trips based on progressive stops of instruction in outdoor leisure pursuits such as hiking, climbing, back-packing, rappelling, and canoeing. Treatment and counselling themes are highlighted and processed in all activity-based learning.

School Programs
On-site teachers provide curriculum based instruction and special needs education. Educational programming is individualized and is based on the outcome of a thorough assessment of educational standing, academic ability, and possible learning problems.

Centre teachers work closely with parents and educators to help students continue their progress or move into the best available program when they return to the community.

Family Programs
Parents are strongly encouraged and supported to take an active part in their teen's treatment. Counsellors help families with short-term problem resolution and planning for long-term change. Family Programs include:

Family Counselling: Family Counselling is provided for clients involved in out-patient counselling, the Action Program, and throughout Continuing Care and follow-up. Counselling can be provided for parents, guardians, or any family member are invited to seek these services even if the adolescent does not appear to be currently motivated to seek help on his or her own behalf.

Family Information Groups: An ongoing weekly group for all family members on parenting issues and family themes.

Parent Support Groups: An ongoing weekly group for parents. Peer Support, problem-solving and information in a group-setting for parents or guardians of adolescents who are experiencing current or previous problems with substance abuse.

Community Support Homes
Community support homes are available for those adolescents who are from out-of-town or who would benefit from residential support while in treatment. Community support homes are individual family homes that are supported by a coordinator who is on call 24 hours a day.

Continuing Care/Aftercare
Successful treatment relies strongly on active involvement in continuing care, with the support of key professionals, family, and friends.

Plans for continuing are can include a range of options such as: regularly scheduled individual, parent and family counselling; support groups for parents, teens, families; self-help groups; community recreation groups; schools; other professionals and community resources.

Adolescents from out-of-town return to their own communities and participate in after-care with AADAC area offices and other community resources.

AADAC Institutions

Lander Treatment Centre
Box 1330
#221, 42 Avenue West
Claresholm, Alberta T0L 0T0
Phone: 625-3311 or RITE 168-1395
FAX: 625-1300 or RITE 168-1300
Manager: Rob Hale-Matthews
Program Manager: Judy Cattoi

Hours
24 hours/day
A 48-bed inpatient treatment centre located in Claresholm, Alberta, 100 kilometers south of Calgary.

Appropriate Clients

Primary Program: Mainly for adults who are or who have been experiencing problems from the use of alcohol and/or drugs. Individuals are admitted on a voluntary basis and must have been totally abstinent from alcohol and drugs for five days immediately prior to admission.

Family Program: Individuals over the age of 14 who have a relative experiencing alcohol and/or drug related problems.

Beyond Sobriety: Individuals with 18 months or more continuous abstinence from alcohol and drugs.

Inappropriate Clients
Those who arrive intoxicated, those requiring treatment for acute psychiatric or medical complications, and individuals under the age of 14.

Referral
May be made by submitting a completed application form (or in the case of the Beyond Sobriety Workshop, a completed registration form only) to:

Admissions Secretary
Lander Treatment Centre
Box 1330
#221, 42 Avenue West
Claresholm, Alberta T0L 0T0

Program Components

All programs contain lectures, films and discussions, experiential exercises, relaxation therapy, recreational and leisure counselling and activities, group therapy, individual counselling, AA and Al-Anon, and self-evaluation questionnaires. Throughout the programs, emphasis is placed on the development of skills and attitudes that will prevent relapse and contribute to a healthy, balanced lifestyle. Treatment is assessment based and treatment planning is negotiated with clients to meet individualized needs.

Primary Program

- Phase I: Twelve successive days of residential treatment at the Lander Treatment Centre. The focus of this phase is on addiction information, self-awareness, skill development in anger management, self-esteem, communication, decision making, stress management, planning and goal setting, plus relapse prevention.

- Phase II: Six weeks to two months spent in the client's home community. During this time, contact with the Centre is maintained through use of questionnaires completed and returned by the client, and also through contact with a counsellor. Use of community support systems are arranged for this phase.

- Phase III: Five-day residential component focussing on relationships, communication and relapse prevention. It is available to any client who has completed Phase I or the Family Program and to members of his/her immediate family.

Family Program: This is a five-day residential program for members of an addicted person's family. The focus of this program is on how addiction affects family members, self-awareness and self-esteem, and on developing strategies for gaining control of one's own live. Family members who complete this program are also eligible to attend Phase III.

Beyond Sobriety: This is a five-day residential workshop, offered periodically throughout the year for persons with 18 months or more of continuous abstinence but who feel some dissatisfaction with the quality of their lives. This workshop focusses on self-awareness, self-esteem, the development of behaviours that support a balanced lifestyle and relapse prevention.

Renfrew Recovery Centre
1611 Remington Road N.E
Phone: 276-8946 or RITE 161-8946
FAX: 297-4592 or RITE 161-4592
Calgary, Alberta T2E 5K6
Manager: Al Friesen
Treatment Supervisor: Kevin Gleeson

Hours
24 hours/day
Capacity: 30 beds

Appropriate Clients
Male and female clients seeking care during withdrawal from alcohol or other drugs and referral to ongoing treatment facilities.

Inappropriate Clients
Those requiring emergency medical or psychiatric treatment or long-term medical/nursing care. Those who will not come to the Centre on a voluntary basis.

Referral
Referrals may be made by an agency, professional, relative, friend or self-referral.

Program Components

Physical Stabilization: Nursing assessments and consistent health monitoring with 24-hour nursing coverage and a physician on site three times weekly ensures safe detoxification for individuals withdrawing from alcohol and/or drugs. Health emergencies are referred to hospitals, and psychiatric assessments are implemented as needed.

Residential Care and Support: Meals, lodging and a supportive environment assist clients in reflecting and examining their own life situation.

Counselling Program: The counselling program includes completion of specialized alcohol and drug assessments, crisis counselling, treatment planning and arranging the appropriate referrals for ongoing treatment. Daily information and group discussion are provided. Clients are introduced to AA and NA programs with regular meetings held at the centre.

Funded Agencies

Calgary Alpha House Society
203-15 Avenue SE
Calgary, Alberta T2G 1G4
Phone: 234-7388
Director: Eve MacNamara

Calgary Alpha House provides temporary shelter and detoxification services to the public inebriate. The program components include drop-in, overnight shelter for males and females, a three to five day detoxification for males, and referral to treatment facilities.

Distress Centre/Drug Centre
#201 Regency Building
112-11 Avenue SE
Calgary, Alberta T2G 0X5
Phone: 266-1601
Director: Jeanette McEachern

The Distress Centre/Drug Centre includes four major program components:

- 24-hour Crisis Line which provides support, counselling, referral and information;
- Teen Line which provides support, referral and information;
- Outpatient counselling services;
- Education programs which provide information on drug abuse, alcoholism and suicide.

Foothills Alcohol Action Society
Box 1573
Fort Macleod, Alberta T0L 0Z0
Phone: 553-4466
Director: Mary Darlow

Foothills Centre is a 30-bed co-ed facility providing an overnight shelter and a three-to-seven day detoxification service. Clients receive supportive addiction information and are assisted with referral to treatment centres or other helping agencies in the community.

Native Alcoholism Services
1119 First Street SE
Calgary, Alberta T2G 2H6
Phone: 261-7921
Director: Edith Thompson

This is an outpatient counselling centre which provides services geared to Native people with alcohol or drug-related problems. The program includes one-to-one and group counselling, information, recreation therapy, relaxation activities, and referrals to treatment facilities for adults and adolescents.

Recovery Acres (Calgary) Society
1835-27 Avenue SW
Calgary, Alberta T2T 1H2
Phone: 245-1196
Director: Blair Moody

Recovery Acres is a 36-bed facility for males who have alcohol or drug-related problems. Twelve beds are designated to a two-to-four week treatment program based on the philosophy of Alcoholics Anonymous. Twenty four beds are designated for a long-term residential program where clients are provided a supportive environment and encouraged to seek or continue their employment. The length of stay is determined according to each individual's needs. This program is also available on a day basis.

Riverside Villa Association
Director for both Villas: Ruth Hartley
Villa Halfway House
1916-12 Avenue SW
Calgary, Alberta T3C 0R8
Phone: 245-8444
FAX: 228-1702

Villa South is a 12-bed residential facility for women who require a supportive environment for an indeterminate period of time as an aid to recovery. This program encourages community involvement and the pursuit of employment.

Villa Treatment Centre
1941-42 Avenue S W
Calgary, Alberta T2T 2M6
Phone: 243-6734
FAX: 243-8085

Villa North is a 12-bed, 28-day residential treatment program for women with an alcohol and drug dependency. Recovery is facilitated by provision of information, individual and group counselling, and individually tailored relaxation and exercise.

South Country Alcohol and Drug Treatment Centre
(Operated by Lethbridge and Community Addictions Treatment Society)
Box 1418
Lethbridge, Alberta T1J 4K2
Phone: 329-6603
Director: Ann Mortiz

The South Country Alcohol and Drug Treatment Centre is a 24-bed alcohol and drug abuse residential treatment centre for men and women located in a quiet rural area just beyond the Lethbridge city limits.

The South Country Alcohol and Drug Treatment Centre's program is comprised of one-to-one counselling, group and peer therapy counselling, recreational activities, and life skills development.

Southern Alcare Society and Industries
520 Seventh Street South
Lethbridge, Alberta T1J 2H1
Phone: 328-0955
Director: Brian Bell

Southern Alcare is a 24-bed residential program for men and women who are seeking recovery and rehabilitation from alcohol or drug dependency. The program provides a supportive environment while reintegrating into the community, assists clients in seeking employment and encourages further training.

Sunrise Residence Society
922-21 Avenue SE
Calgary, Alberta T2G 1N1
Phone: 269-5564
Director: Cecil Thompson

Sunrise Residence is a 20-bed, co-ed, inpatient alcoholism treatment centre. This 28-day program is geared towards Natives and consists of individual and group counselling, films, discussions and education lectures.